



WESTSIDE FOOTBALL STRENGTH AND CONDITIONING CAMP

Summer Workouts June 5th - August 4th (Mon-Thurs) (9-11a)

Summer Workouts & 7on7 League Play. **You must workout with us if you want to play.**

We do track attendance for summer workouts.

9th Football Camp August 1st-3rd

August 7th is the First Day of Practice

***Football starts before school starts**

***First game is First Week of School**

***First game is August 24th @5p**

What you need:

-Physical dated on or after May 15th

-\$35 School Insurance or School Waiver

Email:

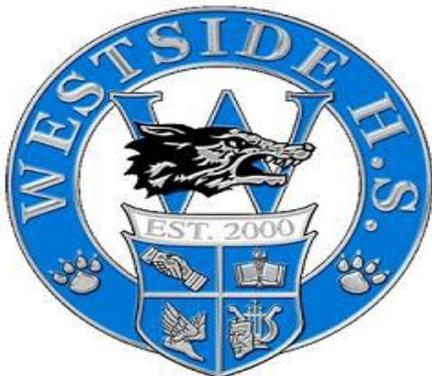
JMason@Houstonisd.org / **Twitter:** @Jomaul66 (Coach Mason)

JBaxter1@Houstonisd.org / **Twitter:** @coach_jbaxter (Coach Baxter)



SKILLS-UP CAMP **FREE SUMMER** **BASKETBALL** **WORKOUTS**

Westside skills up summer workouts. Ball Handling, Shooting, Passing, Mental Toughness, and MORE will be enthusiastically taught, demonstrated, and practiced for FREE!! Although geared towards Middle and High school girls, ALL ARE WELCOME!



**Monday through
Thursday Only
11am to 1 pm**

**Week ONE
June 5– 8**

**Week TWO
June 12 – 15**

**Week THREE
June 19 – June 22**

**Week FOUR
None**

COACH GILLESPIE

Westside High School
14201 Briar Forest Dr.
Houston TX 77077

tgillesp@houstonisd.org



WESTSIDE WOLVES BASEBALL/SOFTBALL SKILLS CAMP



Incoming 2nd through 9th Graders June 5 – 8, 2023

Monday thru Thursday 9:00 AM – 12:00 PM (HITTING AND DEFENSE)

Tues/Wed ONLY 12:15 PM – 1:45 PM (PITCHING AND CATCHING)

Price -- \$100 for Hitting and Defense ONLY

Price -- \$60 for Pitching and Catching ONLY

Price -- \$130 for BOTH SESSIONS

Where: Memorial Ashford Little League (MALL)

- 12900 Westmere Dr. Houston, TX 77077

Instructors: Westside Baseball Coaching Staff, Westside Softball Coaching Staff, college players, former Westside players

Equipment: Campers must provide their own gear.

Insurance: Campers & staff will be covered by a group accident insurance policy

- Each camper must have a waiver on file to participate.
- The 2023 Wolves Baseball/Softball Camp will be a combination of the fundamentals of hitting, defense, pitching, & catching.

FAMILY DISCOUNT

\$25 OFF EACH ADDITIONAL IMMEDIATE FAMILY MEMBER ATTENDING THE WESTSIDE BASEBALL/SOFTBALL SKILLS CAMP

Registration Information:

1. EMAIL COACH BARROW TO REGISTER: mbarrow@houstonisd.org OR TO REGISTER ONLINE, **CLICK HERE.**
2. REGISTRATION FORM ALONG WITH THE WAIVER & REGISTRATION FEE MUST BE COMPLETED IN ORDER TO PARTICIPATE
3. WALK-UPS WELCOME

PAY W/ CASH, CHECK or VENMO
VENMO: @COACHBARROW

*****MAKE CHECKS PAYABLE TO:
MIKE BARROW**

MAIL TO: MIKE BARROW
14111
SWALLOWFIELD DR.
HOUSTON, TX 77077

REGISTRATION FORM

MUST BE COMPLETED PRIOR TO
PARTICIPATION

USE QR CODE TO REGISTER!



CAMPER'S NAME: _____

GRADE 2023-2024: _____ SCHOOL ATTENDING: _____ SHIRT SIZE: _____

PHONE: _____ PARENT EMAIL: _____

WAIVER

I hereby authorize the staff at the Westside Wolves Baseball/Softball Camp to act for me according to their best judgment in any emergency requiring medical attention. I also hereby waive & release the instructors, the facility, and the camp from any and all liability for any injury and/or illness incurred while at camp.

SIGNATURE OF PARENT/ GUARDIAN _____ DATE: _____

Each ballplayer will be working within their age groups as we try to emphasize learning baseball/softball skills, sportsmanship, and a working attitude as each player tries to maximize his/her potential.

During the defensive segments of the camp, infield play, and outfield play will be instructed.

Athletes should bring the following items:

- Glove
- Bat
- Cleats
- Sunscreen
- Water bottle

HITTING AND DEFENSE CAMP (MONDAY – THURSDAY)

- Camp Introduction
- Hitting Evaluation
- Catching/Throwing Evaluation with Radar
- Running Evaluation
- Base Running Fundamentals
- Defensive Fundamentals
- Hitting Fundamentals
- Baseball/Softball Games



PITCHING AND CATCHING CAMP (TUES/WED)

- Pitching/Catching Mechanics
- Basic Grips of the Baseball/Softball
- Pitchers Fielding Practice (PFP)
- Pitching/Catching review
- Live Pitching with Catchers
- Pick-Off's and Holding Runners

FINAL DAY (THURSDAY)

- Hitting/Throwing Overview
- Baseball/Softball Games
- Awards Ceremony @ 11:30 AM



USE QR CODE TO REGISTER HERE!





Westside Volleyball Camp 2023

Incoming 9th graders: July 24th - 27th, 9:00am – 12:00pm

Cost: \$150

Location: Westside High School

If you have any questions, please contact Head Coach Andre King

aking1@houstonisd.org

Wk. 281-920-8000 x036255

Please mail registration form to:

Westside Volleyball, 14201 Briar Forest Dr., Houston, TX 77077

Payment methods: School Pay, Money Order, Cashier's Check or Cash
made payable to: Westside Volleyball

Name _____ T-Shirt Size _____
Parents _____
Middle School _____ Grade _____
Address _____
City, State, Zip _____
Home Phone _____ Work Phone _____
Email contact _____

As the parent/guardian of _____ I release, waive, discharge Westside High School, its employees, staff, and administration from any and all liability claims resulting from loss, injuries, illness, and other damage including death which may be sustained by my child during the duration of the Westside Volleyball Camp. To the best of my knowledge, my child is in good physical condition, and I am not aware of any physical infirmity, which would place my child at risk while participating in the camp. During the period of the camp, I hereby give permission to the staff of Westside High to administer proper medical assistance to my child in the event of accident, illness, or injury. I understand that I will be responsible for any and all costs of medical treatment and coverage provided not covered by insurance. I HAVE READ THE WAIVER OF LIABILITY AND FULLY UNDERSTAND ITS TERMS.

PARENT SIGNATURE _____ DATE _____

Emergency contact # _____

If parents can't be reached, contact _____

Phone # _____ Relationship to child _____



Westside Volleyball Camp 2023

Rising 4th - 8th graders: June 5th - 9th, 9:00am – 12:00pm

Cost: \$150

Location: Westside High School

If you have any questions, please contact Head Coach Andre King

aking1@houstonisd.org

Wk. 281-920-8000 x036255

Please mail registration form to:

Westside Volleyball, 14201 Briar Forest Dr., Houston, TX 77077

Payment methods: School Pay, Money Order, Cashier's Check or Cash
made payable to: Westside Volleyball

Name _____ T-Shirt Size _____
Parents _____
Middle School _____ Grade _____
Address _____
City, State, Zip _____
Home Phone _____ Work Phone _____
Email contact _____

As the parent/guardian of _____ I release, waive, discharge Westside High School, its employees, staff, and administration from any and all liability claims resulting from loss, injuries, illness, and other damage including death which may be sustained by my child during the duration of the Westside Volleyball Camp. To the best of my knowledge, my child is in good physical condition, and I am not aware of any physical infirmity, which would place my child at risk while participating in the camp. During the period of the camp, I hereby give permission to the staff of Westside High to administer proper medical assistance to my child in the event of accident, illness, or injury. I understand that I will be responsible for any and all costs of medical treatment and coverage provided not covered by insurance. I HAVE READ THE WAIVER OF LIABILITY AND FULLY UNDERSTAND ITS TERMS.

PARENT SIGNATURE _____ DATE _____

Emergency contact # _____

If parents can't be reached, contact _____

Phone # _____ Relationship to child _____



**Westside Volleyball Summer Workouts
and
Open Gym Schedule 2023**

Dates: June 5th - June 29th

Days: Monday – Thursday

Time: 8:00 – 11:00

Location: Westside High School

Cost: Free

TRYOUTS

Dates: July 31st and August 1st

Time: 7:30am

If you have any questions, please contact Head Coach Andre King

aking1@houstonisd.org

Wk. 281-920-8000 x036255

WESTSIDE WOLVES

BASKETBALL CAMP 2023

FOR BOYS AND GIRLS ENTERING GRADES 7 – 9

INDIVIDUAL BASKETBALL SKILLS CAMP

TUESDAY, JUNE 13 – THURSDAY, JUNE 15, 2023 9:00AM – 3:00PM

- * FUNDAMENTALS OF THE GAME OF BASKETBALL
- * SKILLS NECESSARY TO COMPETE INCLUDING DRIBBLING, PASSING, SHOOTING
- * BASIC DEFENSIVE PRINCIPLES AND SKILLS
- * PERSONAL EVALUATIONS TO IMPROVE YOUR GAME

**CAMP WILL BE HELD AT
WESTSIDE HIGH SCHOOL;
COST: \$100 AND FEATURE
THE FOLLOWING:**

- MEET THE WESTSIDE HIGH SCHOOL BASKETBALL COACHES
- DAILY CONTESTS AND GAMES
- AWARDS AT THE CONCLUSION OF CAMP
- TOUR OF WESTSIDE HIGH SCHOOL
- CAMP T-SHIRT AND SCHOOL CAFETERIA LUNCH PROVIDED
(MICROWAVE AND REFRIGERATOR ARE AVAILABLE FOR
KIDS WHO CHOOSE TO BRING THEIR OWN LUNCH.)

REGISTRATION ACCEPTED JUNE 13th AT 8:00AM

PLEASE BRING THE SIGNED PARTICIPANT RELEASE FORM AND PAYMENT (CASH OR MONEY ORDERS).

CONTACT COACH DEON WILLIAMS

dwilli13@houstonisd.org WITH ANY QUESTIONS.

SUMMER TENNIS CLINIC

Westside High School Tennis Courts



Register Now

JUNE 26-29 @ 8-10:30 AM

COST: \$20 PER PERSON (CASH OR CHECK)

FOR MORE INFO:

AMBREE.CHRISTY@HOUSTONISD.ORG

Beginners:

Learn the fundamental strokes, footwork, and rules using a combination of drills and games

Intermediate:

Focus on consistency, improved footwork, tactics, and strategy